

September 2024

CAMBRIDGE
NORTH DUMFRIES

OHT



Cambridge North Dumfries Ontario Health Team News & Updates

In This Issue

- CND OHT Patient, Family & Caregiver Advisory Recruitment
- Update on CND OHT BPSO Project
- Spotighting New Resources and Services Available in Cambridge & North Dumfries
- Welcome New CND OHT Support Staff

...and More!

Engagement Opportunities



The CND OHT PFAC is Recruiting for New Members

We have an urgent need for patients, families and caregivers to join the CND OHT PFAC and participate in the CND OHT Connecting Care Co-Design workgroups. The voice of a Patient, Family & Caregiver Advisor is invaluable and essential for the success of the work that we do.

The CND OHT PFAC will be leading and engaged in several exciting initiatives this year including:

- Increasing access to primary care, particularly in high needs neighborhoods.
- Improving access to diagnostic imaging and other testing for those with physical disabilities.
- Improving access to mental health and addictions services in the community...and more!

The CND OHT PFAC is a dedicated group of patients, family members, and caregivers who collaborate with healthcare professionals to enhance the delivery of care within our communities.

As a PFAC member, your stories, suggestions and ideas will directly shape improvements to the health and wellbeing of CND communities.

If you are interested in learning more about the CND OHT PFAC, visit [HERE](#)

CND OHT Updates

CND OHT Best Practice Spotlight Organization (BPSO)

Leaders from Cambridge North Dumfries Ontario Health Team continue to come together to work as a Best Practice Spotlight Organization (BPSO) OHT through the Registered Nurses Association of Ontario (RNAO). As part of this work, we are implementing the RNAO's Transitions in Care and Services guidelines. We launched this work early in 2024, with Langs and Cambridge Memorial Hospital as signatory partners, along with other leaders from health and community organizations. We just successfully finished conducting our gap analysis and are moving towards project identification and implementation.



To learn more about the BPSO at the CND OHT visit <https://cndoht.com/projects>.

Community Resources

Healthy Aging Resource Portal | *Healthy aging information that you can trust*

Older adults and caregivers can access trusted evidence-based information to support optimal aging. Explore the new CND OHT Healthy Aging Resource Portal to access local trusted information.

If you would like a print copy of any of the resources from the portal, please contact the CND OHT office.



Local Resources for Older Adults & Their Caregivers

A collection of healthy aging information you can trust.



Health & Wellness



Connection & Recreation



Housing & Long Term Care




Caregiver Support

and more!!

ACCESS PORTAL HERE



or visit our website
www.cndoht.com/HARP

 226-895-0792

 cndoht@langs.org



Visit Portal

Find Services on the CND OHT Website

The "Find Services" feature on the Cambridge North Dumfries Ontario Health Team website offers a convenient tool for individuals seeking healthcare services in the region. Users can easily navigate through a variety of available services in Cambridge and North Dumfries.

Whether searching for medical clinics, mental health support, or community services, this tool streamlines the process of accessing essential healthcare

services within Cambridge and North Dumfries.

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Find Services

Local Health and Social Services

Connect to local and provincial health care services available designed to support your journey to better health and wellbeing.



www.cndoht.com/find-services

Community Partner Updates

North Dumfries CHC is Accepting New Patients

Are you a resident of North Dumfries without a family doctor? North Dumfries Community Health Centre is now accepting new patients. Call 519-632-1229 to be added to the intake list.

Learn more under "How do I become a patient?" at www.langs.org.



ACCEPTING NEW PATIENTS

If you do not have a family doctor and would like to join the North Dumfries Community Health Centre, please call to be added to the intake list.

For more info:
www.langs.org



CALL TO BE
ADDED TO
INTAKE
LIST

Phone:
519-632-1229

Prenatal Clinic

Langs is excited to announce the launch of the Prenatal Clinic at Langs, a new service dedicated to providing comprehensive prenatal care for those without a family physician, nurse practitioner, or midwife.

- Services offered at the clinic include:
- Prenatal care
- Support
- Resources
- Assistance throughout pregnancy

The clinic operates by appointment at the Langs Community Health Centre in Cambridge (1145 Concession Road) and at the North Dumfries Community Health Centre in Ayr (2958 Greenfield Road).

For more information or to discuss potential collaborations, please feel free to contact us at primarycare@langs.org or 519-653-1470 ext. 343.



PRENATAL CLINIC

The Prenatal Clinic at Langs is available to women in need of prenatal care who do not have a family physician, nurse practitioner, or midwife. The clinic offers comprehensive services, including prenatal care, support, resources, and assistance throughout pregnancy. Our team includes family physicians, nurse practitioners, and nurses, with additional support from social workers and dietitians.

Please note that this is not a walk-in clinic. A referral (self, Emergency Department, walk-in clinic, or other source) is required, and appointments must be scheduled in advance. A dedicated practitioner will oversee your prenatal care until a referral to an obstetrician (OB) is made, typically around 28 weeks of pregnancy. Please bring any recent ultrasound(s) and bloodwork results to your first appointment.

If you experience any pregnancy-related concerns before your appointment, please seek emergency care immediately.



HOW TO ACCESS CARE

- for those without a family physician, nurse practitioner, or midwife
- a Resident of Cambridge, Ayr, or North Dumfries
- Complete online referral form

LEARN MORE

-  www.langs.org
-  519-653-1470 ext. 343
-  primarycare@langs.org



Free Cancer Screening

We are excited to share free cancer screening for patients **without** a health care provider. Available through the Waterloo Region Nurse Practitioner-Led Clinic. Translation services available, OHIP card required.

Scan the code to book your screening today! For more information visit www.wrnlpc.ca.



No Provider, No Problem!

Free Comprehensive Cancer Screening

Cervical Cancer Screening

Completed by female provider.
Are you 25-70 years of age? Have a Cervix?
Have you EVER been sexually active?
More than 3 years since previous pap?
Then you are due for screening.

Breast Cancer Screening

Are you 50-74 years of age?
Two or more years since previous screening?
We help arrange Mammograms.

Colon Cancer Screening

Are you 50-74 years of age?
Two or more years since previous screening?
We arrange a discreet and quick at home collection kit.

Use the QR
code below to
book your free
screening
today!



Waterloo Region Nurse Practitioner-Led Clinic

www.wrnplc.ca

email: patient@wrnplc.ca

519-772-2322

Cambridge 13 Water St. N.

Kitchener 204-123 Pioneer Dr.

Breslau 10-10 Townsend Dr.

Translation Services Available
****Valid OHIP card required**



ConnectMyHealth

Did you know that you can view Diagnostic Imaging Reports and Images in ConnectMyHealth from participating hospitals?

ConnectMyHealth pulls data, in real-time, from participating hospitals. For a complete list of data contributors and a summary of the types of health records available in ConnectMyHealth.

Register today!



Empower your health journey with



Ask us about ConnectMyHealth - a new digital health tool that provides you with an online, single access channel to view your health records from participating hospitals in southwestern Ontario.

Visit info.ConnectMyHealth.ca or scan



ConnectMyHealth is made possible through a collaboration between Hamilton Health Sciences, Ontario Health, and your local Ontario Health Team.

Know Your Care Options | **Reminder**

As students head back to school, more people are looking for health care across Waterloo and Wellington regions. While hospitals are always available for emergencies, most other illnesses can be managed by another health care provider.

The CND OHT has partnered with KW4 and Guelph Wellington OHTs and Waterloo and Wellington region hospitals to create a [Know Your Care Options website](#).

Visit the site to learn where to go to get the right care at the right time, near you.

Know Your Care Options



Your Healthcare Options

- ▶ **Non-emergency medical assistance.**
First call your family doctor, nurse practitioner or their on-call service to book an appointment. If not available, consider visiting a walk-in clinic or urgent care centre.
- ▶ **Health-related advice from a Registered Nurse 24/7.**
Call Health811 at 8-1-1.
- ▶ **Ontario Virtual Urgent Care:**
A virtual urgent care appointment may be right for you if you or a loved one have a medical issue that is not life threatening, but requires urgent medical attention. Appointments can be booked at UrgentCareOntario.ca.
- ▶ **Serious medical injuries and conditions.**
Call 9-1-1 or go to an emergency department.

THIS RESOURCE IS SUPPORTED BY:



When to See Your Primary Care Provider (Family Doctor or Nurse Practitioner)

Your family doctor is your best option for your ongoing health care. In a non-emergency, contact your family doctor (or nurse practitioner) to determine if you should be seen in person or virtually. Stay connected with your primary care provider by signing up for e-mail communication, social media and watch the website for information.

Prepare ahead of time for urgent situations.

- Ask about after hours availability.
- Ask about options when the office is closed (weekends, holidays, vacation).

If you need help to find a family doctor, contact your Home and Community Care Support Services Waterloo Wellington at 519-748-2222

Walk-In and Urgent Care Clinics

Many family doctors have after hours clinics. If you cannot wait for an appointment with your doctor or you do not have one, walk-in and urgent care clinics can treat illnesses and injuries that do not require emergency care. Call to make sure clinic hours have not changed. Be aware that patient registration may stop early depending on clinic capacity.

You have other options as well.

- Ask your family doctor or nurse practitioner about SCOPE: A virtual care team for health providers. Visit www.scopehub.ca
- If you do not have a family doctor or primary care provider: Get health-related advice from a Registered Nurse 24/7: Call Health811 at 8-1-1 or TTY line 1-866-797-0007
- Student health clinics: If you are a student in Waterloo and Wellington Regions, learn about the health clinics on campus.
- Ontario Virtual Urgent Care: Online urgent care service is available for adults with an urgent medical issue that is not life threatening. By making an appointment, you can access urgent medical care without having to come to the hospital. Visit UrgentCareOntario.ca to learn more.
- Serious medical injuries and conditions: Call 9-1-1 or go to an emergency department.

Home and Community Care Support Services Waterloo Wellington

Home and community services support people of all ages who require care in their home, at school or in the community. Call 1-888-883-3313 or go to www.healthcareathome.ca/ww for information.

Find Care Options Near You

For a full list of care options, including walk-in and urgent care clinics, visit www.knowyourcareoptions.ca



Staff Support Team Updates

Welcome!

Raymond Dolch is the Digital Health Lead for CND OHT. Ray will be working with the CND OHT to deliver on a strategy for our digital health journey in keeping with our vision of building community health together.

Sabrina Watson is joining the CND OHT Staff Support Team as a Population Health Project Manager. Sabrina looks forward to supporting the team's population health projects, including work related to the Frailty, Mental Health and Addiction pathways.

The CND OHT also welcomes two new University of Waterloo students Niky Mathioudakis and Samuel Kolev as the Population Health Interns who will be with us through the fall term.

CND OHT Members & Affiliate Members

To learn more about the Cambridge North Dumfries Ontario Health Team Members & Affiliate Members, visit our Member Directory.

[Member Directory](#)

Connect With Us

Community Connection | Join the conversation

The Cambridge North Dumfries Ontario Health Team (CND OHT) is working to improve the wellbeing of our communities. Join us!

Visit EngageCND to share your stories, ask question and engage with us.

If you have any questions, or would like to learn more about the Cambridge North Dumfries OHT, please reach out to cndoht@langsg.org.

EngageCND

www.cndoht.com

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N1R 8J8 CA

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